

# Ground Beef Casserole



An old quote reads: "From humble beginnings come great things". This too may be said of this recipe. Take a few simple ingredients, put them in a long, slow oven, and go about your day. You will later be rewarded with a hearty entree of deep, rich flavours. Round out the meal by adding bread and perhaps a salad for a comforting meal both family and guests will enjoy.

- 1 lb lean ground beef
- 1 medium onion, 1/4" slices
- 3 medium potatoes, 1/4" slices
- 3 carrots, 1/4" slices
- 1 tsp salt
- 1/2 tsp pepper
- 1 284ml can, condensed cream of tomato soup
- 1 284ml can, condensed beef consommé

Sauté beef in a little oil until browned, breaking up chunks. Set aside to drain.

Preheat oven to 300°F.

In a 2 quart casserole dish, layer small amounts of beef and the sliced vegetables, alternating until all of these ingredients are used. Sprinkle with salt and pepper.

Mix together the undiluted soups, and pour over the mixture. (If it looks too dry, feel free to add an extra 1/4 cup or so of water.)

Cover and bake for 3 hours.

Note: A variety of vegetables can be used. Try adding mushrooms, parsnips or turnips.

Serves: 4 - 6

Submitted by Lise Piggott.

Originally from Ontario, Lise and her husband Reg moved to the Village in 2006.